

DARUL HUDA ISLAMIC SCHOOL, ALAIN

PHYSICAL EDUCATION

SELF ANALYSIS WORK SHEET

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Class& Division: Grade1 E

Date 20-06-2020

How many can you ?

Instructions

How many of each exercises can you do in 30,60 or 90 seconds?

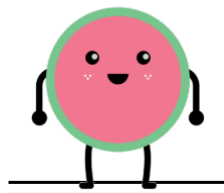
Write down your answers.Try the exercises everyday to see if you get faster.....

1. How many frog jumps can you do in 30?



.....20.....

2. How many jumping jacks can you do in 30seconds?



.....33.....

3. How many arm circle can you do in

30seconds? 43.....

4. How many push ups can you do in

30seconds? 21.....

5. How many hopping can you do in 30 seconds?

51.....

6. How many stand in one leg can you do in 30seconds?

59.....

7. How many on the spot running can

you do in 90seconds? 

.....200 m.....

